

Senior Activities *News*

John Robert Kernodle Activities Center | March / April 2015



Trip to High Point, March 26 Tour High Point Leave from Super Kmart on Huffman Mill Rd. at 8 am. This trip includes a tour of the Regional Visitors Center, tour of High Point Museum, High Point windshield tour (tour guide on the bus to take you by a few interesting locations, lunch at JH Adams Inn, tour the Inn, Tour Furniture land South. Trip includes all tours, transportation & lunch. Arrive in Burlington at 4:00-4:15 pm. Cost per person \$47 per person, please pay by March 5.

Trip to Charlotte, NC & Billy Graham Memorial Library, April 22 Leave from Super Kmart at 8:00 am. Take a two hour bus tour of Charlotte, which includes, Billy Graham Library & Memorial Gardens. Lunch will be on your own at Graham Brothers Dairy Bar. Arrive in Burlington at 5 pm. Cost for Trip is \$47 which includes tour & transportation. Pay by March 9.

Trip to Barn Dinner Theatre, May 19 "Don't Dress for Dinner" Bernard is planning a romantic weekend with his chic Parisian mistress in his charming converted French farmhouse, whilst his wife, Jacqueline, is away. He has arranged for a cordon bleu cook to prepare gourmet delights, and has invited his best friend, Robert, along too to provide the alibi. It's foolproof; what could possibly go wrong? An evening of hilarious confusion ensues as Bernard and Robert improvise at breakneck speed. Leave from Super Kmart parking lot at 11:45 am, return around 5 pm. Cost per person, \$61 includes transportation, show, & buffet. Pay by April 19. Dress for Barn Dinner Theater: Business casual, no sneakers, no jeans, no t-shirts, & no shorts.

Trip to Spencer & Salisbury, June 30 Leave from Super Kmart at 8:15 am. Enjoy train ride at NC Transportation Museum, lunch at Emma's Café, trolley tour of Salisbury, visit Dr. Josephus House & Rowan County Museum. Arrive back in Burlington around 6:00 pm. Cost for trip is \$84.00 includes transportation, trolley ride, train ride, tours & lunch. Please pay by May 15.

To sign up for a trip/activity, call 222-5135. Make checks payable to City of Burlington. Mail to Kernodle Center P.O. Box 1358 Burlington, N.C. 27216. You may pay in person at the JRK Senior Activities Center, 1535 S. Mebane St. If you cancel a trip/activity, we will do our best to refund any money, but we cannot guarantee a full refund. If you are not present at departure time, you will miss your trip and not receive a refund. If you sign up for a party/ luncheon, please do not cancel at the last minute, unless it is an emergency. If you have motion sickness and need to sit in a reserved seat you MUST have a doctor's excuse and notify us when signing up each time. If you wish to sit with your partner you cannot sit in a reserved seat. When getting on the bus go to reserved seat (2nd, 3rd, or 4th seat) someone else with an excuse will be seated with you. Each time you call in for a trip, please remind us that you need a reserved seat, if you would rather sit with your partner and risk getting sick let us know. Please sit in the seat adjoining your roommate or partner. **We do not rotate seats on bus.**

The Burlington Recreation & Parks Department does not discriminate on the basis of disabling conditions in the administration of the access to services provided or employment through its programs and activities. The Burlington Senior Adult Leisure Services provides activities that are designed for participants 55 years & older to interact positively with other participants in a structured & non structured situations. The participant should be able to care for his or her personal hygiene & participate on a staff ratio of 1 up to 50.

For special needs, we must have 48 hours notice.

Notice: Make all checks for any trip/activity to City of Burlington. Mail to Kernodle Center, PO Box 1358 Burlington, NC 27216.

Please call if you would like to sign up for the Alamance/Burlington Senior Games - Deadline for registration is March 5! Call 222-5135 to receive a registration form!



John Robert Kernodle
Senior Activities Center

336.222.5135
1535 S. Mebane Street
PO Box 1358
Burlington, NC 27216
www.ci.burlington.nc.us

Operational Hours
Monday-Friday 8:00am to 4:00pm

Open For Evening Activities
Monday-Thurs Starting at 6:00pm

In case of bad weather, please
check our weather policy



To join the fitness room, you must be trained and oriented through the John Robert Kernodle Senior Activities Center. To receive training and orientation, please make an appointment with our fitness coordinator, 222-5135. **In case of inclement weather, please call the center 222-5135 to make sure it is open before you come.**

Fitness Room Membership City Residents \$25 a month or \$125 a year.

Non City Residents \$30 a month or \$150 a year (Includes orientation & training)

Fitness Room Hours Mon-Fri 8 am-3 pm | Mon & Tues 6-9 pm. Wed & Thurs 6-8:30pm, 55 years & older
Saturday Hours 10-12 noon for fitness room only

HEALTH and WELLNESS CLASSES:

The Arthritis Exercise Program: this class includes endurance, flexibility and strengthening exercises done in chairs or standing beside a chair. This class can improve mobility, balance & range of motion. Tues. & Thurs. 10-11 am. To register or for more info, call 222-5135. (Class Instructor, Jo Ely). **Jo's exercise classes are continuous sessions through the year until June. Participants purchase punch cards for \$35 for 8 classes**

Weight Accountability Group = WAG: WAGs are a support group of people that are committed to implementing healthy eating and exercise habits. We share info on losing weight, maintaining a healthy weight, fitness and making healthy choices. Meetings are Thurs 11-11:30 a.m. No charge, for more info, 222-5135.

Pickleball: Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn. Lots of fun. Pickleball offered at Fairchild Community Center. For more info days & time, call 222-5119. Great way to practice for senior games. Cornhole available at Fairchild Community Center on the days that pickleball & badminton are played. Pickleball can now be played at the tennis courts at Fairchild. The blue line determines the pickleball court.

Tone up! Tone up is an exercise class primarily focused on strength training for those individuals who would like to increase strength, muscular endurance, or simply tone their body and muscles for a better appearance. Benefits of this strength training class are improved joint function, reduced risk for injury, increased bone density, increased metabolism to burn more calories at rest, improved cardiac function, and of course increased strength and balance just to name a few. Baseline weight and BMI figures may be calculated if desired to see improvements throughout the class. Classes will be held on Mon and Thurs at 6 pm. (Class instructor Melanie McBroom). 8 week class begins on Mon, March 16. Please call to register. The cost is \$40 for the 8 weeks.

Walk With Ease Program: from the National Arthritis Foundation Walk With Ease is an exercise program that can reduce pain and improve overall health. Each session will include health-related discussion topics and self-paced group walks. This program is free through a grant from NRPA & the Arthritis Foundation. Class is every Monday, Wednesday & Friday starting March 16 at 9:30 am. Class is 1 to 1 1/2 hours. Please register by calling 222-5135 by March 9.

FIT-FUN-DISCOVER - We're hiking- where have you been? Join us for a SHOC and AWE outing (Senior Hiking and Outdoors Club). Learn more about our parks and trails system. For more information, please call 222-5135.

March 3 - Senior Games Sign Up Party 10-11 am Drop off your completed form at the Kernodle Senior Center & enjoy the fun & fellowship or offer encouragement to fellow participants.

Don't forget Badminton Tues & Thurs at Fairchild Community Center. For beginners or experts a lot of fun! Please call Fairchild at 222-5119 for times. Great way to practice for senior games.

Senior Hiking Club for seniors for 55 years & over. Enjoy the outdoors with a great hike!. All hikes are weather permitting. Call for more info. Future hikes-March 24 at 1pm Great Bend Park. We will hike the Highland and Island Trails. It should be around 1.5 - 2 miles. Address for Great Bend Park 350 Greenwood Dr Burlington NC. Register by March 19. April Hike- Shallowford Park April 21 at 1pm. Address for Shallowford 1955 Gerringer Mill Rd Burlington, please register by April 15. These hikes are in cooperation with Alamance County Recreation & Parks Department!

Bocce We have bocce courts at the Kernodle Center. Tues & Thurs, 9:30-11:30am. The bocce sets can be checked out when the center is open.

Play Darts Fridays 10:00 am

Table Tennis Free Play Mon 10 am to 3 pm, Wed 11 am to 1 pm, Wed 6 pm to 8:30 pm.

Blood Pressure Screening Kernodle Center. Burlington Fire Dept March 18 & April 15 10:30 am. Peak Resources March 12 & 26 & April 9 & 23 10:30 am

All Computer Classes: All classes 1 hour sessions for 4 weeks (Choose from one of 4 classes)
Beginner & Internet Combined Starting on Monday, March 9 Or Monday, April 6, 1:00 pm
Advanced & Internet Combined (Must have taken the beginner class)
Starting on Monday, March 9 Or Monday, April 6, 2:30 pm
(NEW) Facebook Class Reconnect with your classmates, friends, family through Facebook:
Advanced Facebook Class (For those with a Facebook account)
Starting on Monday, March 9 Or Monday, April 6, at 10am
Beginner Facebook Class (For those without a Facebook account)
Starting on Monday, March 9 Or Monday, April 6, 9:00 am
4 week course (must have some knowledge of computer & internet)

Computer classes are 1 hour sessions for 4 weeks

For All Computer Classes: City resident \$20, non city resident \$25, 55 yrs & over.

City resident \$30, non-city resident \$35, under 55 years old. Call 222-5135 to register and send check to reserve space.

Make check to: City of Burlington **Mail to:** Kernodle Center PO Box 1358 Burlington, NC 27216

Or drop it by: Kernodle Center 1535 S. Mebane Street. Dates & times subject to change

Computer Lab For students of the computer class & experienced participants. Lab is on your own and computers are set up for internet access Fri 1 to 3pm. **Friday Labs are cancelled due to Tax preparation until April 17.** Wednesday 6 to 8:30 pm.

Classes * will denote ACC classes. Please call 506-4316 for schedule and to register for ACC classes.

For all other classes please note the fee and call 222-5135

* **Floral Design** Tuesdays 6:30 pm - * **Cooking With Class** Thursdays 10 am - * **Cooking With Class** Thursdays 6:00 pm
Crochet/Knitting/Tatting Mondays 9am - This class is \$5/class. Pay only when you attend class.

Classes
classes



Activities

Kernodle activities for MARCH

March 2, 9, 16, 23, 30 Cards & Games Party. 12:30 pm to 3:30 pm

March 2 & 16 Quilting Bee 1:00 pm Must know basic sewing.

March 3 10:00 am AARP Program: TBA

March 3 Senior Games Sign Up Party 10-11 am. Drop off your completed form at the Center & enjoy the fun & fellowship.

March 4 Birthday Party & Bingo 1 pm. Please bring a covered dish.

March 4, 11, 18, 25 Mah Jongg. 12:30 pm. Learn to play. American rules have 9 categories of hands on a Mah Jongg Card with 4 players at a table. If a player declares mahj, play ceases. After 6 months awards are given.

March 5 Marching Into Senior Games Clinic/Lunch & Sign up. 10am-1pm Fairchild Community Center Practice Session. 10-11:15 am Basketball Shoot, badminton, shuffleboard, football throw, table tennis, walking & cornhole. 11:15 am How to read a tournament bracket & lunch will follow.

March 10 Legal Assistance please call 1-800-951-2257 X1731 for an appt

March 11 & 18 Free dance lessons 2nd & 3rd Wed of each month. Ballroom & line dancing taught. 1:30 pm-3pm.

March 16 Book Signing & Reading. Members of the Burlington Writers' Club present readings and signings of their books. 1:30-3:30 pm.

March 17 St Patrick's Day Party. Enjoy good food & entertainment. 1pm. Please Register by March 10. Cost is \$4.00.

March 17 Helping Families Cope Award-winning Occupational Therapist, Heather McKay, presents Dementia Care for America's Heroes Part 3: Progression. This film equips caregivers to better understand the timeline of dementia, using a measurement tool with 5 levels to provide the best care. Heather & family caregivers share real stories in this film with specific coping strategies for each stage of the disease. This film is helpful for families & professionals dealing with dementia. Co-sponsored by Home Instead. 6-8 pm.

March 19 Burlington Senior Club meeting 1pm Program: Fun & easy craft.

March 24 Bingo sponsored by Mt. Zion Church 1 pm.

March 27 Kernodle Movie: "My Old Lady" A down-on-his-luck New Yorker, inherits a Parisian apartment from his estranged father. But when he arrives in France to sell the vast domicile, he's shocked to discover a live-in tenant who is not prepared to budge. His apartment is a viager - an ancient French real estate system with complex rules pertaining to its resale - and the feisty Englishwoman Mathilde Girard (Maggie Smith), who lives in the apartment with her daughter Chloé (Kristin Scott Thomas) 1:00 pm.

March 30 Reverse Mortgage Counseling by Consumer Credit Counseling. Call 222-5135 to register. You must register to attend. 2 pm

March 31 Easter Musical Program. Enjoy the sounds of the season from all the talents from the seniors 1pm.

Activities

Kernodle activities for APRIL

April 1 Birthday Party & Bingo 1pm Please bring a covered dish!

April 1, 8, 15, 22, 29 Mah Jongg. 12:30 pm Learn to play; American rules have 9 categories of hand on a Mah Jongg Card with 4 players at a table. If a player declares mahj, play ceases. After 6 months awards are given.

April 6 & 20 Quilting Bee. Must know basic sewing 1pm.

April 6, 13, 20, 27 Cards & Games Party Play any game you would like to play & you may want to bring your own cards. 12:30-3:30 pm.

April 7 10am AARP Program: TBA

April 8 & 15 Free dance lessons 2nd & 3rd Wed of each month. Ball-room & line dancing taught. 1:30-3pm.

April 10 Kernodle Movie: "Into the Woods" Features an ensemble cast that includes Meryl Streep. Inspired by the Grimm Brothers' fairy tales of "Little Red Riding Hood", "Cinderella", "Jack and the Beanstalk", and "Rapunzel", the film is a fantasy genre crossover centered on a childless couple, who set out to end a curse placed on them by a vengeful witch. Ultimately though, the characters are forced to rectify the consequences of their actions Rated PG 1pm.

April 14 Legal Assistance, Call 1-800-951-2257 for an appt x1731.

April 16 Burlington Senior Club 1pm. Program: Fun & easy craft.

April 21 10am. The Smart Driver Course offers participants 50 years and older opportunities to learn how to drive more safely on today's roads. The course is generally for those 50 years of age and older but anyone can take the course and improve on their driving safety. The course is all about change; changes in our hearing, sight, and reflexes, our cars, our roads and our state laws, and offers strategies to deal with these changes. Participants also learn how their medicines, alcohol and other health related issues affect their driving ability. The class is for 4 hours and at the end of the class, participants are given a Certificate to take to their insurance company or agent which may result in their receiving a reduced car insurance premium. Cost is \$15 for AARP members and \$20 for nonmembers. Please pay & register by April 13. Call 222-5135 to register. Please make checks to AARP.

April 28 Bingo spons by Mt. Zion Church 1pm.

Please call if you would like to sign up for the Alamance/Burlington Senior Games
Deadline for registration is March 5! Call 222-5135 to receive a registration form!

Weather Policy

In case of inclement weather, we normally cancel activities. However, weather conditions may change later in the morning. Call 222-5135 to check if the center is open and if we are going to have activities. To see if the congregate meal site is going to serve meals that day, call 229-7031. Call ACC 506-4316 for ACC class info. Check WFMY TV channel 2, under openings & closings. We are the part of the City of Burlington.

Centers

Community centers activities

MARCH

Elmira Senior Club

Covered Dish & Bingo, March 25, 11:30 am

Forest Hills Senior Club

Club Meeting Program: Greg Turner
Burlington Police Department, March 30, 10 am

Mayco Bigelow Center

Senior Adult Bingo Party, March 30, 1:30 pm

APRIL

Elmira Senior Club

Covered Dish & Bingo party, April 29 11:30 am

Forest Hills Senior Club

Club Meeting Program: Fun and Games
April 27, 10:00 am

Mayco Bigelow Center

Senior Adult Bingo Party, April 27, 1:30 pm

Duplicate Bridge

Mondays 6:30 pm

Partner required

Tuesdays 6:30 pm

& Thursdays 1 pm. Come & bring someone.

Card & Games Party Wednesdays 6-8:15 pm

TOPS Wednesdays 9:00 am

Federation of the Blind Support Group

First Thursday of the Month 10 am-12 noon

Fellowship Dance Club 1st & 3rd Sat, 7 pm

Drama Group Want to be with others and express yourself dramatically? Mondays from 1-2 pm. Linda Morton has volunteered to lead this group.

Quilting Bee Will meet the 1st & 3rd Mondays of the month 1-3:30 pm. You must know basic sewing. Call 222-5135 to register.

Free autoharp lessons Tuesdays at 2 pm. Call 222-5135 to register No class on March 31.

Open Art Studio Every Tues 9:30-11:30 am. Bring your artwork & help each other. If you use oil paint, please bring odorless thinner.

Golden Harmonies Choir Practice Any senior is welcome to join this group, just be willing to sing & have a good time. Every Fri 10 am.

Open Mic with Karaoke on the 3rd Friday of the month at 1 pm. You are welcome to bring back up tapes, play instruments for a jam session, tell jokes, sing or just listen. Sounds like a lot of fun. Refreshments served!

Alamance County Community Services Agency Congregate Meal Site

Monday-Friday 9 am to 1 pm. Activities and a good nutritious lunch for \$1.35. Please call Alamance County Community Services 229-7031 to register.

Activities

Kernodle activities

Information for your information

Volunteer Opportunities:

We need volunteers to be receptionists and help with our mailings. Call 222-5135 if you wish to volunteer! Need computer literate volunteers to be trained to help with Senior Health Insurance Information Program.

THANKS TO ALL OF OUR VOLUNTEERS!

Legal Aid of North Carolina is expanding their services in Alamance County to include consumer protection cases. **Know Your Rights!** There are strong protections for consumers facing foreclosure, predatory lending, unfair debt collection, home improvement, deceptive sales and debt collection practices. Call 336-398-1705 for an appt with an attorney. Our services are free.

Division of Services for the Deaf and the Hard of Hearing-Greensboro Regional Center conducts monthly information sessions in 7 different locations in our 10 county area with one of those locations being at the Kernodle Senior Center. During these monthly meetings individuals are provided with info regarding our agency's programs and resources. Also, qualifying individuals that are North Carolina citizens who are Hard of Hearing, Deaf, Deaf-Blind or Speech Impaired can apply for one hearing aid, amplified or captioned telephones as well as alerting equipment at no cost. For more info or to register for one of our sessions please contact Division of Services for the Deaf and Hard of Hearing at 336-273-9692.

Income Tax Assistance - Income Tax Assistance by AARP Tax-Aide volunteers will continue every Wednesday and Friday until April 15. This free service is for taxpayers ages 60 & over with low to medium income. Call 222-5135 to make an appointment. Must bring original Social Security Card, all tax documents, 2013 tax return. & picture ID. There some limitations as to which returns can be prepared.

Weather Policy: In case of inclement weather, we normally cancel activities. However, weather conditions may change later in the morning, call 222-5135 to check to see if the center is open and if we are going to have activities. To see if the congregate meal site is going to serve meals, call 229-7031. Call ACC 506-4316 for ACC class info. **Check WFMY TV ch 2, under openings/closings, we are part of City of Burlington.**

Insurance

Need Help from SHIP? We have SHIP (Senior Health Insurance Information Program) volunteers trained by the NC Department of Insurance available by appointment only. Call 222-5135 to make an appointment.

Inclement Weather?
Please call the center to make sure it is open before coming!

Return Service Requested

John Robert Kernodle
Senior Activities Center
1535 S. Mebane Street
PO Box 1358
Burlington, NC 27216

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